The Leprosy Scare.

By Dr. Andrew Wilson. See page 194.

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EDITED BY DR. ANDREW WILSON, F.R.S.E. &C.

Vol. XIII.—No. 325. FRIDAY, JUNE 28, 1889. [Price Twopence.

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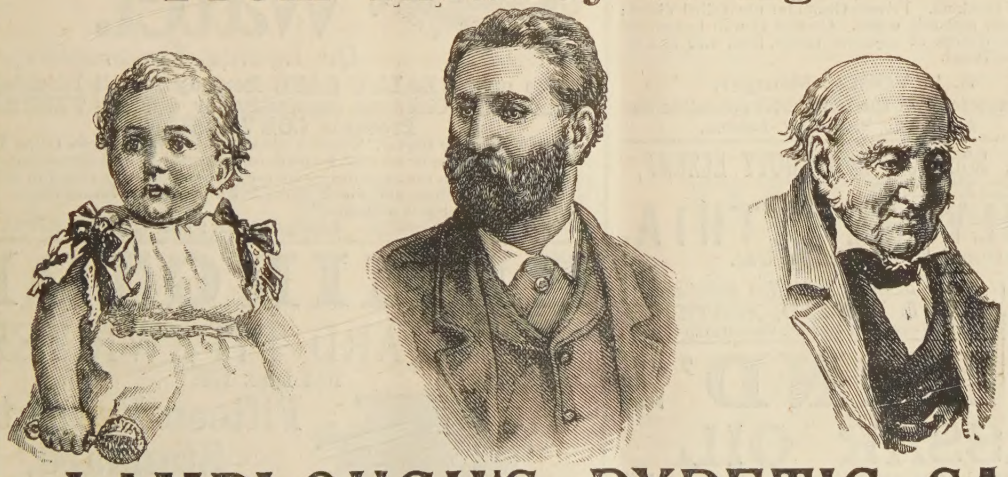

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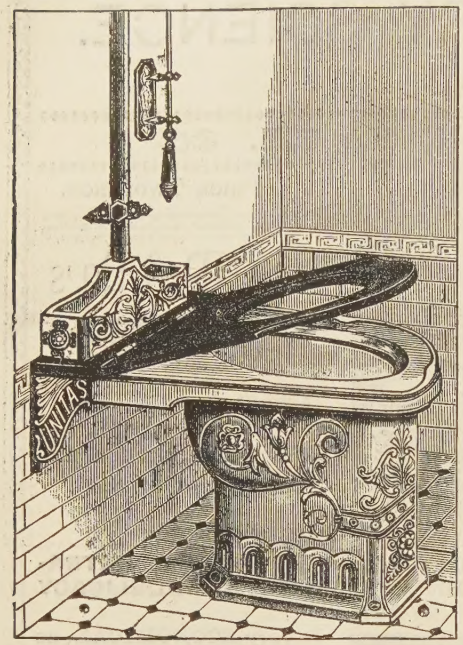

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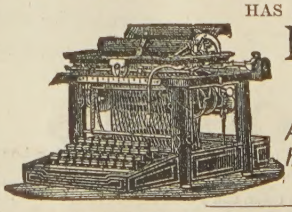

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EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

LONDON: *FRIDAY, JUNE* 28, 1889.

CONTENTS OF No. 325.

	PAGE
Notes by the Way: By the Editor.	193
Original Essays:—	
The Leprosy Scare. By Dr. Andrew Wilson	194
Gymnastics in Relation to Health. Third Paper. By Ellen F. White	196
Personal Health:—	
Cod Liver Oil in Hot Weather	198
The Hair. I.	198
The Family Circle:—	
Sleep and Rest. By I. N. Love, M.D.	199
Light in the Sick-Room	200
Popular Science Papers:—	
The Shady Side of Brain Work. Eleventh Paper. The Antechamber of Consciousness. By Francis Speir, Jun.	201
The Uses of Eggs	202
Jottings from the Journals:—	
Factory Inspection — Holiday Resorts—Preventible Causes of Poverty	203-4
Our Bookshelf:—	
Short Notices of New Books	205
IMPORTANT ANNOUNCEMENT	206
Sanitary Appliances:—	
A Pure Stimulant	206
Our Letter Box:—	
Rules for Correspondents	206
Queries and Answers:—Replies: General, Sanitary, and Medical	207

Notes by the Way

BY THE EDITOR.

"Health is the foundation of all our physical happiness."—*Herder.*

THE REV. DR. MASSON, of Edinburgh, writing in a medical contemporary on a curious form of *massage* practised in the Highlands of Scotland for the cure of chest-disease says, that this practice, like other popular remedies and manipulations, once laughed at as "old wives' cures," is now recognized and approved by the profession, and might with advantage be received into the routine of regular therapeutics. The professed object of this manipulative treatment was to "open out the chest," and the *modus operandi* was as follows. The patient, stripped to the loins, was seated on a high stool, while the operator, usually a strong, healthy, muscular woman, stood behind. The patient was first made to raise his arms and join hands over the top of the head or behind the neck. The operator now advanced a hand on each side of the patient, from behind forwards, till both her hands met over the third and fourth segments of the sternum (or breastbone), whence, with firm, equable pressure, her palms lubricated with sweet fresh butter, were swept downward and backward, following the line of the lower border of the chest. After two or three similar passes of the operator's palms over the same region, and with increasing pressure, her fingers were slightly curved downwards and inwards, so that in the sweep from sternum to spine the lower border of her palm, and especially the outer side of the little finger and tip of the fourth, were to some extent hooked under the lower border of the chest.

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LITTLE by little this action was accentuated, till, in the backward sweep of the operator's palms, her fingers were pushed well under the lower border of the chest and the false ribs, pulling them steadily outwards. After this the backward sweep of her palms was carried step by step up the chest, sweep after sweep coming nearer the clavicle (or collarbone), where again the tips of the fingers, though in a modified way and to a greatly lessened extent, played the same part as they had been made to play at the lower border of the chest. And now came the critical part of the operation. In most persons, even while yet young, the xiphoid cartilage (at the end of the breastbone) tends greatly to curve inwards into the abdomen. This my old Highland medicine woman held to be the "original sin," whence came almost all forms of chest infirmity, as well as not a few forms of serious stomach ailment. To the ingrowing xiphoid, therefore, she now paid special attention. Very gently at first, but evermore with firmer and firmer touch, she concentrated her manipulations on this peccant appendage of the human breastbone.

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WHILE her thumb made a succession of short steady passes, with considerable pressure, over what in young persons may be called the sterno-xiphoid articulation (where the breastbone and its end-cartilage meet) her fingers watched their opportunity to get in under the free end of the xiphoid, so as to pull it outwards, and thus by continued and repeated manipulation to train it, as it were, into a more healthful direction. This manipulation was long continued and very searching; and the same manipulation, though not necessarily so carefully tentative or so prolonged, was again very energetically practised along the whole lower border of the chest bit by bit, pulling outwards and upwards that whole plate of pliable semipalmated cartilage which there terminates the five lower true ribs, and forms the outer inferior boundary of the thorax. Bit by bit from the xiphoid to near the spine, she thus dug her four powerful fingers under this cartilaginous lower border of the chest under the free ends of the false ribs, pulling them outwards with an energy that gave no little pain. This she called "opening the chest," and it certainly seemed as if she had effectually increased the breathing capacity of the lungs.

CANCEROUS DISEASES.

TESTIMONIALS.

The following is from Dr. John Sheerer, St. Albans, Sept. 5th, 1888.

MR. JOHN M. YOUNG, *Manager Missisquoi Mineral Springs.*

DEAR SIR,—My mother, Mrs. Susan Sheerer, of Virgil, Cortland County, N.Y., was pronounced by Dr. Brunson, of said town, to have had a cancer in her breast in 1866. She used two cases of Missisquoi Water, and was cured. She is now eighty-two years old, and in splendid health. Yours truly,

JOHN SHEERER.

MISSISQUOI SPRINGS.

[An Extract from "The Monthly Homœopathic Review," May 1st, 1870.]

By Dr. TUTHILL MASSY.

The Missisquoi Springs of Franklin, County Vermont, are at present rather frequently prescribed in England for diseases where the knife was the severe medicine of other days: I therefore deem it my duty to lay before your readers the experience which I have gathered relative to these Springs.

* * * * * * * *

The Spring A, Missisquoi Springs, is the one most generally exported, and which I have frequently prescribed. It gave great comfort to a lady who was suffered from a large open cancer in the right breast; cleansed the surface, relieved the pain, induced sleep, and diminished the tendency to bleeding, when applied externally, like simple water dressing, and taken in half-tumbler doses twice a day.

The benefits of the Spring A were very remarkable in a lady burdened with an ovarian tumour containing much water, with considerable abdominal tenderness. A few bottles always reduced her great size, and relieved her mind from the dread of an operation which was once proposed.

PAMPHLET on application to the Sole Importers—

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AND OF ALL CHEMISTS.

ON the prophylactic, and to some extent the remedial, value of this simple form of old Highland massage, I need here say nothing. One word more is all that need be added. The *nutritive treatment* of incipient phthisis had a well-recognized place in our old popular Celtic therapeutics. Cod-liver oil was not then popularly known as a specific, but we had great faith in cream; in warm milk, fresh drawn from the healthy cow; living a healthy, natural life on healthy, natural food; in marrow from the long bones of the ox; and in ox-blood, served up in the popular form of black puddings. Snail-oil, also, and linseed-tea were commended as salutary, if less palatable, remedies. With this line of treatment was conjoined the use of such herbs as might stimulate healthy appetite and promote healthy digestion; while in the later stages of the disease that great factor of folk skill called "rule of thumb" had somehow stumbled into the use of such simple remedies as modern science now guides us to prescribe in the vicarious action of veins and liver.

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A CORRESPONDENT asks me for information respecting the use of calcined oyster shells as a cure for cancer. The latest writer on the subject is an American, who says that in the London *Lancet*, in 1887, appeared a letter relative to treatment of cancer with calcium carbonate. There being no physician near, he treated an Indian woman who had been afflicted with a cancerous tumour to his knowledge for over four years. A couple of months after using the remedy it commenced to improve. It is now so small that it can be said to be healed. He advises any one having a cancerous tumour to use carbonate of lime as directed, and also thinks it well worth republishing the case.

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DR. PETER HOOD, of London, was the writer in the *Lancet*. He referred to a communication of his published in the same journal nearly twenty years ago, on the value of lime carbonate in the form of calcined oyster shells as a means of arresting the growth of cancerous tumours. In a case which he then reported, that of a lady nearly eighty years old, the growth sloughed away and left a healthy surface after a course of the remedy, as much as would lie on a shilling being taken once or twice a day in a little warm water or tea. He reported another case of cancer of the breast, in the wife of a physician, in which the treatment was followed by an arrest of the growth and a cessation of the pain, the improvement having now lasted for years, and no recrudescence having thus far occurred. He urged that the remedy can do no harm, and that the *prima facie* evidence in its favour is stronger than that on which, at Dr. Clay's recommendation, the profession lately displayed an extraordinary eagerness to try Chian turpentine. He would restrict the trials to well-marked cases of cancer, and insists that no benefit should be looked for in less than three months. Dr. Stradling, of Watford, if I mistake not, also gave confirmatory evidence on this point. Is it possible that the carbonate of lime induces in the cancerous growth a process of limy degeneration similar to that which our own tissues undergo in old age?

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CORRESPONDENTS who desire Indexes to recent or early volumes of HEALTH will please communicate direct with the Publisher. Each Index can be sent post free for 2½d. Certain of the Indexes, it may be added, are out of print.

Original Essays

"Life is not to live, but to be well."—*Martial.*

THE LEPROSY SCARE.

BY DR. ANDREW WILSON.

IT would almost seem that scares in sanitary matters possess something of a periodical character, judging from the regular order in which they reappear on the stage of public affairs. The latest leprosy fright offers an excellent example of this fact. Not so very long ago the question of leprosy in relation to its alleged prevalence in Britain, and its supposed contagious or infectious character, was duly and fully discussed in these pages; and now the whole matter has apparently been re-opened, owing to the recent death of Father Damien.

Of that heroic priest, and the nobility of character which prompted him to devote his life, in a very literal sense, to the management and supervision of a leper colony, nothing may be said which is not expressive of admiration. Men of all creeds and shades of religious opinion have united to bear their testimony to the self-denial which animated Father Damien's life. He has fallen a victim to the disease amidst which his existence was passed, and it should be long before the world forgets such a hero and such a martyr as this Belgian priest undoubtedly proved himself to be.

At the meeting held in London last week at Marlborough House, under the presidency of the Prince of Wales, with a view to raising a fitting memorial to Father Damien, statements expressive of a belief in the spread of leprosy among ourselves were freely made. The Prince of Wales mentioned that the case of a leper employed in the Metropolitan Meat Market of London* had been brought under his notice. This statement, the truth of which has since been variously asserted and denied, is, of course, not calculated to reassure the public, who are only too apt to look upon the worst side of all such facts. Writers in the daily press have lent their aid to maintain the scare about the alleged increase of leprosy; and at the present time there is certainly need for some reassuring expression on the part of medicine and hygiene.

The vital question which forms the pivot and centre of the whole discussion is easily discovered. If leprosy be on the increase among us, it must spread by reason of its infectious character. Now, it may be asked, Is this ailment infectious or not? If not, then our alarm should cease at once, for the disease, however it may arise, can have no more power of spreading from an affected person to a healthy one than, say, a case of common eczema possesses; and this latter skin-disease is absolutely non-infectious altogether. If, on the other hand, leprosy may be reasonably held to be a contagious disease, then it behoves us to ask "in what way or fashion it can be most readily propagated?" and, assuming that it is infectious at all, the further inquiry, "in what degree it is contagious?" may be pertinently made.

Father Damien's case is certainly one which, to all appearance, supports the theory that the disease *may* pass from affected to healthy persons. We emphasize the word "may," because the circumstances of Father Damien's life were of singularly exceptional character.

* This leper, it seems, is not employed in the Meat Market, but is a poor man who buys odd pieces of meat and retails them in the East End of London on his own account.

He lived, ate, drank, and slept among his leper subjects. As a writer remarked before his death, "He has not spared himself in the lepers' service. He has been their 'doctor, nurse, carpenter, schoolmaster, magistrate, painter, gardener, cook, sometimes even their undertaker and gravedigger.'" Besides, this heroic man washed and tended the leper's sores, and if ever an individual could be said to expose himself in every possible manner and degree to the attack of the disease, it is certain Father Damien illustrated such a case.

Speaking of the priest's attack by leprosy, the writer above quoted says that when he arrived at Molokai, in 1873, "Father Damien was then thirty-three years of age, and in strong, robust health. He was a man of education and refinement, who might reasonably have looked forward to advancement in the Church. But he voluntarily sacrificed his future, dooming himself to live —and, of course, sooner rather than later to die—in a horror-stricken islet of the Pacific. For the first eleven years of his unremitting labour there, though he was in daily and hourly contact with all the physical dangers of the place, his own bodily health remained sound. But in 1884 there were forebodings; in 1885 the unmistakable signs began to show themselves; and now the Belgian priest, still hardly past the prime of his life, is unable to enjoy even an occasional return to such civilization as Honolulu might offer him, for he is a leper himself among the lepers of Molokai. Writing to a friend in 1886, he says: 'Having no doubt of the real character of my disease, I feel calm, resigned, and happier among my people. Almighty God knows what is best for my sanctification, and with that conviction I say daily a good *Fiat voluntas Tua*. Please pray for your afflicted friend, and recommend me and my unhappy people to all servants of the Lord.'"

The consideration of this case, then, seems to prove two points clearly enough. First of all, for eleven years Father Damien remained free from any leprous taint. Thereafter he became infected, and in 1889 he died. From 1884 to the present year marks a period of five years, during which the disease attacked and finally overcame this devoted man. It is evident, then, that in Father Damien's case he became duly infected, and assuming that his infections did not arise *de novo* (that is, from circumstances independent of personal infection from lepers), we are forced to conclude that the disease is contagious.

To make our meaning clear, we may parallel the case of leprosy and ague. The latter disease arises from the exhalations of swamps and morasses. It is not conveyed from one patient to another. What gives it to one (the malarious poison of the swamp) gives it to all. This fact accounts for the prevalence of ague in any district. It is said to be an *endemic* disease, and is thus designated in opposition to *epidemic* ailments, which, like small-pox, scarlet fever, or typhus fever, spread from one person to another. If, therefore, we exclude endemic influences in Father Damien's case, and assume (what, however, may be scarcely an absolutely safe idea in view of our ignorance of the cause of leprosy) that he did not acquire leprosy from the soil, or food, or surroundings at large, we may perhaps safely conclude that his was a case of direct infection. In other words, his personal contact with a contagious disease was the direct cause of his seizure.

A second point worthy of consideration follows on the facts just noted. Supposing we admit the infectiousness of leprosy, in what degree, it may be asked, is it contagious? That there exist, in the case of infectious diseases, all stages and degrees of infectivity, is, of course, a well-known fact of medicine. Some ailments are mildly, others ferociously, infectious. Much depends, in the case of all questions relative to contagion, upon the power and virulence of the germ or infecting material, and likewise upon the individual who is infected. A man's constitution, his state of health, and even his state of mind, it may be added, when exposed to infection, are so many factors influencing, favourably or the reverse, the prospects of a seizure.

In Father Damien's case, then, if infection was of direct nature, one can only add that the power of contagion of leprosy was, in his instance, remarkably slow and remarkably mild. For eleven years he was mixing with lepers, dressing their wounds, and attending to their bodily wants. That the period of incubation, or the "hatching time" of leprosy, cannot possibly be regarded as extending to ten or eleven years, is surely a reasonable theory. Therefore, we must fall back on some idea of bodily strain and weakness and of some condition which laid Father Damien open to attack at the close of his eleven years, as the real beginning of the end. So far, if leprosy be contagious at all, we may conclude that it is only mildly, or even very mildly, so. Not until the devoted priest had become saturated, as it were, with leprous surroundings, did he fall a victim to the disease.

This idea of the feebly infective power of leprosy seems to me to explain much that is apparently inconsistent in the accounts of the disease given in medical text-books. One author insists on its non-infectious nature; another tells us it is infectious. And so the disagreement and discrepancy remain. If it is mildly infectious under ordinary circumstances, we can explain why new cases of leprosy are rarely seen among us; while, if we suppose that the disease gains in infective power by the massing together of cases, we may account for the opinion of those who hold that it is a contagious disorder.

This explanation of the discrepancies in the views held about leprosy may serve to render clear the remarks made in the columns of a medical contemporary a few days ago. Speaking of the infectiousness of leprosy, this journal says that "the facts on which the contagionists rest their belief do not now require to be reproduced in our columns. For the last two years we have noted from time to time cases recorded in various journals and countries which have been sufficient to satisfy many unprejudiced men in believing that in the particular instance referred to the disease was communicated by contagion. In the journal of November 19th, 1887, some of these cases were given, and a further note on the spread of leprosy in New Orleans will be found in that of November 24th, 1888. We have also recently reproduced the reports from Honolulu, which showed that the convict Keanu had been successfully inoculated. On the other hand, we cannot shut our eyes to the fact that there is a large body of evidence which tends to show that leprosy, if contagious, is perhaps the least frequently contagious of all known contagious diseases. Take, for example, the case brought forward by the Rev. Mr. Guilford, in which a man, now thirty years old, who was born of leprous parents, in a leper hospital, and had been brought up within its walls, had married a leprous woman, and had never contracted the disease. Dr. Sandreczky, writing in a recent number of the *Monatsh. f. prakt. Derm.*, states that in Jerusalem, where leprosy is common, no one believes in its being contagious, and that he himself knows many lepers whose wives are quite free."

The conclusions to which we are driven seem to be those already stated, namely, that if leprosy be contagious, it is only mildly so; and that where it has passed apparently from an affected person to a previously healthy person, we must assume special liability or proclivity on the part of the infected subject. More than this cannot be said or asserted at the present time; but such conclusions, which are those of accurate medical science, should do much to avert any prospect of a leprosy scare among us.

No one can deny that every possible care and precaution should be taken to separate lepers from sound persons. Not without the wisdom gleaned from experience did ancient law-givers pronounce a decree of isolation against the unfortunate leper. We must agree that to such past isolation our present freedom from leprosy is due. Fortunately, leprosy is an ailment not difficult, as a rule, of recognition; and, without any resort to legal means or enactments, it should be possible for the public, without undue anxiety, to insist upon and secure at once the comfort of those afflicted, and the freedom of the people from contact with a health-danger.

GYMNASTICS IN RELATION TO HEALTH.

BY ELLEN F. WHITE.

"Gymnastik Director" of the Royal Gymnastic Institute of Stockholm.

THIRD PAPER.

HAVING spoken of the dress of the children, and supposed them to be divided into classes in the way most easily managed by the teacher, whether master or mistress, I will now say a few words on the daily lesson. The same ground-plan runs through all the classes, exercises of the same kind, but differing in degree, being placed in pretty much the same order, subject to certain interpolations and modifications, according to time, space, &c., at disposal.

The table begins, first, with a short march and two or three simple leg and arm exercises, in order to prepare the pupils, and to arouse their attention before beginning the harder part of the work. The second exercise is called a "span bending." The pupils stand from one to three foot-lengths from the wall, with arms well stretched above the head. The exercise consists in a slow bending backwards of the body till the fingers rest against the wall or bar, and then, as slowly, the upright position is resumed. This is the simplest form of the exercise. More advanced pupils grasp the bar, and there is a great variety of exercises for both arms and legs, of carefully graduated difficulty, for which "span-bending" forms a good "start-position." The position itself increases in strength by increasing the distance from the wall, which, however, should never exceed three foot-lengths. This exercise acts powerfully upon the general circulation of the body. The third exercise is one in which the weight of the body rests upon the arms. These exercises are of various kinds, from the simple hanging to moving along the bar by the hands, or raising the body by bending the arms. This exercise acts upon the chest and muscles of the arms. The fourth is a balancing movement, which is calculated to stimulate the action of the nervous system by which the body is kept in equilibrium. As equilibrium is best preserved by an upright carriage, these balancing exercises are of great value in counteracting a stooping habit.

Number five is an exercise for the shoulders and neck, drawing the shoulders back and the neck straight, giving at the same time more room to the chest. Number six then follows, an exercise for the abdominal muscles. The action of these muscles reacts powerfully on the organs of digestion. If the abdominal muscles are strong, the digestion is likely to be in good order, but if these muscles are weak, the digestion is sure to be weak. The seventh exercise is an alternate trunk movement, either a twisting or bending, or both combined, first to one side and then to the other. This acts on the large blood-vessels and nerve centres of the body. The twisting and bending from side to side causes an alternate contraction and extension of the blood-vessels, which greatly accelerates the flow of the blood. Eighth, jumping, which follows as the last-named exercise, is the most vigorous and "all-round" exercise of the whole table. The utmost importance is attached to the way in which the pupil alights on the ground. The heels must be raised and the knees bent outwards to avoid shock and jar to the system. The eye and foot are trained to precision. A good balance is preserved only by the whole body being on the alert, and the pupil is trained so gradually from the first simple "preparation for jump" to the most complicated vault, that each step is taken with ease, and he learns to gauge exactly what he can or cannot do.

There are two kinds of jumping, or rather three. The first is free jumping, without apparatus of any kind. The second is with movable apparatus, as over a rope; and the third, vaulting where the hands and arms are used to facilitate the jump. The jumping over, the day's drill concludes with a march, one or two quieting leg exercises, and, last of all, a respiratory movement. From the above it will be seen that the daily table begins gently, gradually increases in strength and vigour, and then quiets down again towards the end. A table on the above plan may be gone through in half an hour; but if there be more time to spare, some of the exercises may be repeated. For instance, a second hanging exercise, different from the first, may be introduced before the jumping, and leg, arm, or head exercises may be interpolated, according to need, between the other exercises. It is often a saving of time to give a head exercise in order to correct a generally faulty position of the head throughout the class. It is less wearisome to the children than a long and wordy correction, and more effectual, for a practical reminder is always best. Although each exercise has its special form and effect, yet one and all may in some sense be said to be chest movements. No exercise can be properly carried out unless the chest be fully expanded, for as soon as the chest is contracted the good effect of the exercise is considerably lessened, if not altogether done away with. If the chest be contracted, there must be pressure on the lungs and heart, and the movement of the blood, which is quickened by exercise, instead of finding an extended space for its circulation, finds itself cramped and confined, and palpitations and breathlessness are the consequences.

Each exercise which finds a place in Ling's system has some definite effect which wins a place for it. All exercises which entail a cramped position for the chest are unconditionally rejected; such as running with the arms crossed on the chest. It is important that the gymnastic lesson should be a daily one, and that the room used should be light and well ventilated, and warmed in the winter. Three-quarters of an hour is a good length for a lesson, but an hour is not too long for the advanced classes, especially for boys. Less than half an hour is too little for much good to be effected; more especially

if the children are unsuitably dressed, and cannot move themselves freely. I have seen girls in England come to a "calisthenic" class in the same fashionable costume in which they afterwards promenaded the public parade. The effect of their performance was, to say the least of it, ludicrous, whilst the bodily benefit derived must have been infinitesimal. It is to the advantage of mothers or guardians who wish their children to receive the full benefit of the drill, to see that the children are suitably dressed. And if they insist on the wearing of heavy, tight clothing, it is the unquestionable duty of the teacher to refuse to admit the child to the lesson. Even when the gymnastic dress is all that can be desired, the good effects of the lesson are often done away with by the immediate return to tight lacing or narrow, high-heeled shoes. The body which has been freed from its fetters for a short time will feel itself all the more conscious of constraint on its return to durance vile. For growing girls stays are a quite unnecessary evil. They are worn for support, but they first render that support necessary. All muscular action is weakened by pressure, and if, instead of putting a child into stays, her body were properly strengthened by a course of scientific physical training, we should hear much less of hysterical tempers and weak and aching backs.

I claim a wide field of usefulness for this system of gymnastics, but it is not enough by itself to ensure good health. Good and sufficient food is necessary to repair the waste caused by the increased activity of the body. The actively circulating blood needs fresh air to oxidize it effectually. When at desk work a good position of the body should be enforced. The feet should rest on the floor or stool, and the back should have adequate support. Long hours of brain work should be avoided, as exhaustive of both physical and mental power. Games are an important adjunct to gymnastics, though they cannot replace them altogether. And the games will gain much from a well-ordered drill.

To make the daily drill really effective the teacher must be a good disciplinarian. Children enjoy a lesson under a teacher who, though strict, is bright and kind as well. But if the teacher be lax in enforcing order, the children will soon tire of their lesson. They get weary and unmanageable, and the best thing to be done is to dismiss the teacher. And if a better cannot be had, be content with the children playing active games.

Boys and girls may well drill together in the lower classes; but after the age of twelve or thirteen it is best to separate them, as their powers develop in different directions. The girls' exercises become slower, and have more regard to roundness and beauty of form; whereas the boys' gymnastics become more vigorous. For younger children, the exercises must be adapted to their strength and capability. Instead of their taking a few strongly marked exercises, they should have a great variety of slighter movements. Their sense of time is greater than that of form; so that exercises depending on a sense of form, such as difficult "trunk rotations" and others, which require a position to be maintained for any length of time, should be avoided.

The daily "table" should consist of easy, well-defined movements, following one another so rapidly that the children should have no time to begin to think of anything else, but should be on the *qui vive* all the time for what is coming. Frequent short rests, for a few seconds' duration, are good; but the return to "attention" must be instantaneous with the word of command. It is enjoyable and invigorating to see a class of children under a cheerful, brisk, firm teacher. Perhaps there are few subjects in which the spirit of the teacher may so thoroughly be infused into the class as in gymnastics. I think that older boys and girls ought not to work together in the gymnasium, whatever they may do in the other classes. The present generation of girls suffers much from weakness in the back, which renders it inadvisable to allow them to compete with their brothers in the more advanced jumping and climbing. The boys get chafed and impatient at being kept to the slower movements of the girls. I have seen a class of twelve or fourteen boys, of ages from fifteen to sixteen, taught by a lady, who led them with great energy and skill. But for larger numbers, the boys should have a man for their teacher. Boys' gymnastics in the schools in Sweden, at least in Stockholm, are mostly under the management of accomplished military officers, some of whom also teach in the girls' schools. This fact puts the teacher of gymnastics on a higher level than in England, where the teacher is often much looked down upon by his or her pupils. The training which such teachers have to go through in Sweden ensures their being educated persons. Of course, in the small schools scattered throughout the country, the only teacher is the village schoolmaster or mistress, who has received some amount of practical training in gymnastics in the schools where they were pupil teachers. They seldom have the advantage of a suitable room, but have to make shift with such materials and knowledge as they may possess. It is much to be desired that the Swedish system of drill should be introduced into our own boys' schools. I am confident it would be found far more effectual than the sergeant's drill, or haphazard system, now in vogue.

Since writing the above, I have been told that the London School Board is in search of a competent gentleman as gymnast, who is to train the School Board teachers and to superintend the work in the schools themselves. In return for such arduous duties, which could only be adequately performed by a thoroughly trained and well-educated gentleman, such as are employed in Sweden, the magnificent salary of £150 per annum is offered!

Holiday Homes in Germany.—This institution, in which the widowed Empress Frederick takes active interest, is extending its usefulness from year to year. In Bavaria its work has been most satisfactory, as appears from the report just submitted to the general meeting of its promoters at Munich. Founded in 1881, it has now four "colonies" for boys and three for girls, where, during the school vacation, the physically invalid or weakly among the scholars are carefully tended and reared, so as to make up at these sanatoria the health and vigour insufficiently provided in their private homes. Brine bathing establishments and milk stations are also kept up for those cases that require such special treatment, and in every way the sound principle is put in practice that the bodily development must proceed *pari passu* with the intellectual and moral. The Munich "Verein" (association) for Holiday Homes gave hospitality to 246 boys and girls last year, and the strong representation of the medical profession in its membership is held as a guarantee by the public that the purely sanitary objects of the institution will not be overlooked.

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Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

COD LIVER OIL IN HOT WEATHER.

FORTUNATELY, the taste of an individual, if it be not perverted, is the very best guide as to the food required. The profoundest student of dietetics must fall back upon taste for guidance the same as the greatest ignoramus. It is not possible for us to ascertain the accurate composition of food to be eaten daily, for in eating, as in other things, variety is the spice of life. Experiments have shown that, if life and health are to be preserved, something more is required than simply so much albumen, sugar, oil, salts, &c. The habits of well-preserved people are doubtless the best guide as to what constitutes proper foods.

It is, of course, undisputed that food is eaten for the force it may liberate on being burnt up in the system; for the heat of the human body is well known to be a slow fire, in which the food is being burned or oxidized by the oxygen inhaled through the lungs. But some of the food has to replace the worn-out tissues, and that which mainly contributes to this is the albumen, such as the white of egg, fibrin of meat, casein of milk, &c. This albumen is absolutely indispensable to the sustenance of life, and existence can be maintained longer on meat alone than on any other class of food. Hence we find that those nations and people who are meat-eaters exhibit, on the whole, greater momentum than their differently nourished and less well-fed brethren.

The vegetable kingdom affords a splendid variety of nutritious and toothsome foods and delicacies, more or less indispensable to man, and capable of sustaining life. But they are best adapted for life in hot countries, and those who live in them cannot partake so freely of meat as those living in colder climates. Fruits contain various salts which exert a goodly influence upon the liver and kidneys; and we have often heard it said by the inhabitants of warmer countries that if one would eat fruit freely in summer there would be consequent freedom from piles throughout the year. Often in convalescence, as the tongue is clearing, a piece of fruit will be more grateful than all other gifts nature could bestow.

Coming to oils, we find them an indispensable requisite to all. The ills that follow their withdrawal are multiform and serious. A large share of the wasting diseases of infants, such as rickets, consumption, and scrofula, are often associated with too little oil. The system seems to store up oil for future use as she does nothing else. The hibernating animals put on an overcoat of fat before they betake themselves to their long wintry sleep. Whenever there is a demand for a greater and prolonged generating of heat, there is need for fat.

Those who inhabit Arctic regions find in fat their chief sustenance. Fat conserves the body-heat, and hence the endurance of fat-eating people, and their less likelihood of having cramps in cold water. Dwellers in cold climes do not suffer from that fell disease —consumption; and it is remarkable that the only remedy known for this disease is the food of the Arctic dwellers.

It is generally supposed that cod liver oil is not so well adapted for hot as for cold weather, but the fact is that cod liver oil, properly taken, will agree in summer as well as at any other season. The body does not withdraw its needs for fat in summer, and those afflicted with consumption will do well to take at such time the Kepler Solution of Cod Liver Oil, which is prepared in malt, &c. But by no means dispense with the oil.

THE HAIR.

I.

Two following paragraphs appear in one of the works of a great authoress:—

"Miss Lizzie Vane wore a dress which faithfully followed every worst point of the prevailing fashion, and exaggerated all of them a little by way of originality. Her gown was the gown of the present day. It fitted her almost half the length from her throat to her heels like a skin; it was well tied back just behind the knees, and on the ground behind an abundance of perfectly meaningless little frills, arranged upon a spoon or wedge-shaped piece of stuff, waggled and whisked about with her every movement. . . .

"Her waist was, let us say, very slim indeed, her bust and hips were forced into a prominence displeasing in itself, and out of all proportion with the rest of her figure. Her plentiful hair was gathered behind into as small and shabby a round knot as it could by any means be screwed into; in front a great wisp of it was pulled forward, relentlessly cut short, and then curled, frizzed, piled and towered both on the front of her head and over her pretty white forehead."

The care which the young lady, depicted in the foregoing quotation, took of her person and hair exemplifies the little thoughtful attention paid by almost all people to these matters. Whatever may be said to the contrary, the fact that above the point where a hat-brim comes, is bald with men, reveals alone the objectionable nature of a stiff hat. It requires no scientific acumen to observe that such palpable rules as that crimping of the hair, doing it up tight, and interfering with the circulation of the scalp by wearing a hard, closely-fitting hat are injurious. Those who have made up their minds not to see these truths will doubtless, "if convinced against their will, be of the same opinion still." We are told that the skin-structures may be classified into three parts. First, the skin proper; secondly, the glands which yield oil and perspiration; thirdly, the appendages called hair and nails.

Physiologists tell us that the nails are an agglutination of hairs, and the little longitudinal markings upon the surface of the nail will suggest to the careful observer the possibility of the assertion being true. There are no oil glands on the palms or fingers, but the sweat secreted there is greasy, and this explains why, when a hand moist with perspiration is placed on paper, it leaves a stain. In some lower animals, aquatic birds in particular, these oil glands are much more highly developed. In them they serve to oil the feathers, which otherwise become wet and heavy; and hence the saying that "our words made no more impression than water on a duck's back." When the oil of the skin accumulates on the surface it tends to become rancid and odoriferous, and this more particularly in the negro. It was this odour which enabled the blood-hounds in bygone days to run down the slaves.

The hair, it may be noted, grows from a little tuft-like gland in which are nerves and blood-vessels. The root of the hair has a dimple in its end something like that at the bottom of a champagne bottle, and this depression rests on the tuft-like cushion. Dr. Jamieson says, as the hair grows upward, it becomes firmer; and when it

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emerges from the skin consists of a bundle of fibres, bound together by flat plates, the lower of which always slightly overlaps the next above. The overlapping serves several purposes. Some hairs are round, some are oval; and the oval hair is the one which is likely to be curly. Time seems to make but little impression upon this structure, and it grows after death. Not so very long ago "a coil of hair, with the pins and jet ornaments sticking into it, once the ornament of a young lady, was found fresh in a stone coffin near York, carrying us back to the commencement of the Christian era." Dr. Cunningham said, in his lecture delivered at Edinburgh in 1885: "Not long ago, portions of a dry, parchment-like substance were found nailed to the doors of certain very old churches. On these being removed minute hairs were observed springing from the surface, which, on examination, proved to be of human origin. The parchment was thus proved to be human skin, and represented the hides of some unfortunate individuals who had been flayed for sacrilege." The writer states that Dean Stanley informed his father that a door in Westminster Abbey had a similar covering.

As the scale-like hair works its way outward it scrapes its passage clear, carrying out with it any oil or other matter. When we brush the hair we brush in the same direction, therefore, as the scales run, and when we wash the hair with strong alkaline soaps and water we may do more harm than we are aware of. We can only say that in shampooing the hair such contingency can be provided against, and the possibility of the skin being injured be removed by using "Vinolia" Superfatted Soap, which contains an admixture of plastic and emollient neutralizing matter.

The Position of Beds.—Possibly the attention of very few mothers has been directed to the importance of the position of their children's beds. With certain orderly, careful mothers a small alcove adjoining their sleeping room is generally considered suitable, leaving the main room so much freer for other uses. But to what fate are we consigning our child when we exile him to the alcove? Here lurks all the stale, vitiated, or, as we might say, dead air, undisturbed by the freer currents of the main room. The child, breathing this air night after night, experiences a loss of vitality, a tendency to colds, and a languid, depressed condition in the morning, —quite different from the refreshed awakening in pure air. It has been demonstrated that the beds nearest the walls in hospitals have the highest rate of mortality, they being subject to influences of polluted air similar to the alcove of the bed-room. The existence of bad ventilation around the corners and sides of rooms has been so well demonstrated that it has already given rise to the building of rotunda hospitals, where the current of air along the floors rises as it reaches the wall, effectually ventilating the whole. The first suggestion of this idea came from the dropping of a small piece of paper near the centre of a rotunda, where it skimmed along the floor and rose as it reached the wall. In an ordinary room a similar experiment with a piece of thistle-down will indicate the usual direction of the air-currents.

Special Notice.—The best stimulant for dietetic and other purposes is the "Skerryvore" (Registered) Blend of Fine Matured Scotch Whiskies, certified of the utmost purity by Mr. E. G. Clayton, F.C.S., Member of the Society of Public Analysts. Sold only by John Twatt, 36, Argyle-place, Edinburgh. Price 20s. per gallon, bottles and cases included.—[Advt.]

The Family Circle

"The child is father of the man."—*Wordsworth.*
"In bringing up a child, think of its old age."—*Joubert.*

SLEEP AND REST.

By I. N. Love, M.D.

That the laity too often overlook the importance of rest cannot be questioned, but are we, as physicians, sufficiently impressed with its value as a preventer of disease and a curative agent?

Throughout all nature we observe a recognition of the demands for rest. The changes of the seasons, the rising and setting of the sun, provide opportunities to all creation for relief and freedom from whatever wearies or disturbs.

There has been much written upon the value of rest in surgical injuries, but I think there has been a lack of interest manifested in this subject, as connected with children and their diseases.

Immediately upon the birth of the child, the average nurse and mother are apt to be interested in its feeding; so much so as to engage in the stuffing process. Instead of placing the child in a comfortable condition, and using every means possible to give it the quietude necessary to sleep, the little innocent is filled with sugar and water, teas and slops, which favour fermentation in the intestinal canal. Colic is the result, and then follows the trotting and shaking up of the tender bud by the ambitious, energetic, and muscular Betsey Trotwood of the sick room. Sleep for any one in the room is out of the question. This, together with the mania for washing the baby in season and out of season, sponging its sensitive surfaces with superheated water and then favouring rapid evaporation by exposure of the surfaces, is not only very shocking to its tender nervous system, but disturbs the equilibrium of the circulation, favouring internal congestions as well as inflammations. The child may escape immediate serious illness, but it is certainly started upon a wakeful career, which may terminate in complete demoralization of its nervous system.

It profits us little with the infant under our care if nature has given him a solid, robust frame, good constitution, a prospect of splendid nourishment, if his natural disposition to sleep be interfered with by the meddlers of the lying-in room.

We must never lose sight of the fact that the nutrition of all parts of the anatomy is controlled by the nerves. Imperfect nutrition and development are the natural results which follow restlessness and sleeplessness. No one can doubt the intimate association between rest and growth, in fact they appear on a superficial view to stand to each other in the relation of cause and effect. Accurate observation of the animal and vegetable world reveals their perpetual co-existence; and growth, as a rule, seems to proceed *pari passu* with physiological rest.

In the spring, after a night of prolonged rest, have we not all seen the buds burst forth into leaves and flowers upon the trees immediately upon the appearance of the sun? The clouds by day and the absence of the sun by night furnish the needed rest to all forms of life from the glitter and the glare of the sun's rays. John Hunter, the master physiologist, announces that "most plants have their periods of growth and periods of rest. Some plants close their leaves, others their flowers, at particular hours of the day or night; and with such regularity does this period of rest take place that more than one vegetable

physiologist has proposed to construct from them a floral clock."

But it is needless to dwell upon this point; suffice it to say that in infancy the child who sleeps much thrives the best. Who will deny that the wakeful, restless child seldom displays the evidence of active nutrition, or that the healthy infant passes the greater portion of its life in a state of rest and sleep. It goes without saying, then, that growth—the renewal of some parts and the fresh development of others—seems to claim sleep and rest as its helpmates. The foregoing applies more particularly in the direction of prophylaxis. If sleep and rest be essential to growth, they are particularly needed to the accomplishment of repair. Repair is but the repetition of growth. The same elements and the same conditions are necessary to the same results.

In active disease of childhood we all know how rapidly the victims are exhausted, and the wasting is like unto that of a snowball under the sun's rays; but if we can check the process and secure rest, how rapid the repair. In the active acute diseases of children I doubt if we are sufficiently impressed with the conservatism of rest. A popular idea after a child has fallen, injuring the brain, is that he should not be permitted to go to sleep. How fallacious! Sleep is the best possible thing for him. After a convulsion, no matter what the cause, or an epileptic seizure, nature in a conservative way is disposed toward sleep. In this we have a lesson furnished us. In feverish conditions we should pursue a course likely to secure tranquillity to the nervous system.

In conclusion, permit me to make the following points:—

1. Rest and sleep, coupled with activity of the secretory system of glands in the new-born infant, are most favourable to growth and development, and put it in a condition antagonistic to disease, in that the nervous system, the great opposer of deleterious influence, is in the best possible shape.

2. Rest, sleep, and glandular activity are the best accompaniments of any disease, hereditary or acquired, to which the child of any age is liable.

3. Repair rather than waste is favoured by the securement of a tranquil state of the nerves, and this, together with the open condition of the eliminative organs, favours not only the carrying away of the results of disease, but encourages assimilation of the reparative matter.—*Exchange.*

FRENCH ROUGE.—Powdered soapstone, one hundred parts; carmine (number 40) two and a half parts; water of ammonia, (ten per cent.), twenty parts. Treat the carmine in a mortar with the water of ammonia. When it is dissolved, add the soapstone in small quantities at a time with thorough trilmation.

FIFTH EDITION.—NOW READY.—GREATLY ENLARGED, AND COMPLETELY REVISED.

"A Book every Young Man should read."

"A LECTURE TO YOUNG MEN on Purity of Life and the Preservation of Health." By A GRADUATE. Price ONE SHILLING, or post-free, 1s. 1d., from HENRY RENSHAW, Medical Publisher, 356, Strand, London, W.C.

This pamphlet, now being issued in its FIFTH EDITION, forms a complete refutation of quackery of all kinds, and is a safe and reliable guide, from the medical standpoint, to all young men. EVERY YOUTH should read this pamphlet as a guide to the safe conduct of life in a moral and physical sense. Full directions for the treatment of "Nervous Debility" so-called, and allied ailments, are also given. Thousands of sufferers have welcomed this pamphlet as a veritable beacon-light to health and purity of life.

LIGHT IN THE SICK-ROOM.

STILL a custom prevails, despite all our sanitary teachings, that the occupant of the sick-room in the private house should be kept at all hours in a darkened room. Not one time in ten do we enter a sick-room in the daytime to find it blessed with the light of the sun. Almost invariably, before we can get a look at the face of the patient, we are obliged to request that the blinds may be drawn up, in order that the rays of a much greater healer than the most able physician can ever hope to be may be admitted. Too often the compliance with this request reveals a condition of room which, in a state of darkness, is almost inevitably one of disorder everywhere; foods, medicines, furniture, bedding misplaced; dust and stray leavings in all directions.

In brief, there is nothing so bad as a dark sick-room; it is as if the attendants were anticipating the death of the patient; and, if the reason for it be asked, the answer is as inconsistent as the act. The reason usually offered is that the patient cannot bear the light; as though the light could not be cut off from the patient by a curtain or screen, and as though to darken one part of the room it were necessary to darken the whole of it. The real reason is an old superstitious practice which once prevailed so intensely that the sick, suffering from the most terrible diseases, small-pox, for instance, were shut up in darkness, their beds surrounded with red curtains, during the whole of their illness. The red curtains are now pretty nearly given up, but the darkness is still accredited with some mysterious curative virtue.

A more injurious practice really could not be maintained than that of darkness in the sick-room. It is not only that dirt and disorder are results of darkness; a great remedy is lost. Sunlight is the remedy lost, and the loss is momentous. Sunlight diffused through a room warms and clarifies the air. It has a direct influence on the minute organic poisons, a distinctive influence which is most precious; and it has a cheerful effect upon the mind. The sick should never be gloomy, and in the presence of the light the shadows of gloom fly away.

Happily the hospital ward, notwithstanding its many defects, and it has many, is so far favoured that it is blessed with the light of the sun, whenever the sun shines. In private practice the same remedy ought to be extended to the patients of the household, and the first words of the physician or surgeon on entering the dark sick-room should be the dying words of Goethe, "More light, more light!"—*Dr. Richardson, in the "Asclepiad."*

THE PRODUCTIVENESS OF LAND.—An idea as to the amount of produce a well-managed garden is capable of yielding is well shown by the following statement recently made by G. W. Hallock & Son, concerning their fifty-eight acres of land near Greenpoint, Long Island, during the past year:—3,750 bushels of onions, and 4,500 bushels of carrots; early cabbages, 5,500 barrels; early potatoes, 2,500 bushels; strawberries, 11,000 quarts; onions from sets, 2,260 bushels; white beans, 160 bushels; carrots, 11,000 bushels; late potatoes, 450 bushels; onions from seed, 3,900 bushels; ears of corn, 2,000 bushels; Brussels sprouts, 500 bushels; potato onion sets, 10 bushels; carrot seed, 40 pounds; onion seed, 100 pounds; Brussels sprout seed, 4 pounds; cabbage seed, 2 pounds; Hungarian grass, 3 tons; cabbage plants to carry over, 250,000.

Popular Science Papers

"Blessings on Science! When the Earth seemed old,
When Faith grew doting, and our reason cold,
'Twas she discovered that the world was young,
And taught a language to its lisping tongue."

—*Charles Mackay.*

THE SHADY SIDE OF BRAIN WORK.

PAPERS ON DREAMS, MESMERISM, AND ALLIED TOPICS, BY VARIOUS WRITERS.

ELEVENTH PAPER.

THE ANTE-CHAMBER OF CONSCIOUSNESS.

BY FRANCIS SPEIR, JUN.

First. The first division of the subject is restricted to the ante-chamber of consciousness; it contains the inquiry as to the possibility of working for a lost idea, fact or fancy, while consciously devoting one's whole attention to something else. This established, it must follow that during the unconscious interval which intervenes between the desire for the lost object and its occurrence in consciousness, an intellectual activity was at work similar in all respects to the conscious activity, minus the element of self-looking, at self-working. Some of the instances given in the answers, worthy of being cited as illustrations, are as follow:—

1. Miss H——, of Princetown, writes: "Yesterday I tried at breakfast to recollect the name of Azimolate Khan, but could only remember that it began with 'Az.' I felt vexed for a moment only, and totally forgot it, being absorbed in an interesting subject. In about ten minutes I said aloud, 'It is Azimolate Khan!' and was scarcely conscious that I had said it, it came so suddenly to me."

2. Mr. V——, of Brooklyn, New York city, writes: "While writing a paper on a medical subject I had occasion to use the technical term for a swoon, which I could not recall. At this point, being obliged to attend a lecture, spontaneously and apparently without reason—for the two subjects had no connection—the word 'syncope' shot across my mind; immediately after, the medical paper came into my mind."

3. Mr. L——, of New York, writes: "One case I remember. I was trying to think of the name of a book and gave it up. About half an hour after I was talking of something else, when all of a sudden I blurted out the name without any conscious volition on my part, or without thinking anything about the book at all."

4. The writer, being asked who was the author of the pamphlet entitled, "Taxation no Tyranny," although knowing well, was unable to answer. Two days afterward, while working at a law brief, suddenly said aloud, "Dr. Johnson wrote 'Taxation no Tyranny.'" He took pains to examine the writing before him and the chain of reasoning engaged in at the time, but could not find the slightest suggestion of the answer. He had apparently forgotten entirely about the question asked him for at least forty-eight hours prior to answering it, and had experienced no trouble or weight of mind in the interval.

5. Mr. B——, of New York city, writes: "Only recently, being asked a lady's name, I found myself only able to recall the surname. I said, 'I will think of the other—wait a moment.' Walking along the street a few minutes later, I heard one small boy say to another, 'You lie like ——!' Instantly, I was conscious that something in that phrase bore upon something else that I had been thinking about, but what it was I could not tell. An hour or so later, when occupied in writing, it flashed upon me that the name of the lady that I was searching for was 'Lila,' and instantaneously the relevancy of the phrase overheard in the street came to me; it was the resemblance in sound, 'Lila' to 'lie like.'"

Under this head the statistical result may be summed up thus: 95 persons answered this particular inquiry. Of these, 91 per cent. state that they have had similar experiences, 3 per cent. have not. With 40 per cent. there was often an oppressive feeling of trouble or anxiety experienced just before the solution had come, and not then attributable to anything in particular; but after the answer had come, 20 per cent. almost instinctively attributed this oppression to the fatigue of mental effort involved in finding the answer. With 60 per cent. no oppression was noted; about 30 per cent. noticed that the answers frequently came after comparative rest or sleep, and 70 per cent. have not noticed the time of the recovery. Almost every individual says concerning these experiences, "They are of such frequent occurrence that when they happen I pay no special attention to them."

Second. If, while unconscious, it is possible to attain the result that can only come from reckoning—a judgment founded on the comparative relations of a unit—this must be the result of an intellectual activity which exists unknown to the conscious self, and entirely escapes all notice from the moderately keen eye of self-consciousness. Most people can approximately tell what hour of the day it is without consulting a timepiece, and the less they are in the habit of depending upon such a luxury the more accurate their computation is likely to be. This computation is founded on a calculation of the comparative value of the time between two known points translated into the arbitrary measure of hours and minutes. A calculation is performed, however quickly or unconsciously. The question of being able to wake from a sound sleep at an unusual time, in obedience to an act of will registered before going to sleep, brings this phenomenon with this subdivision. The answers to the question in this connection are as follow:—

1. Mr. L——, of Philadelphia, writes: "I can wake within a few minutes of a given time without effort. Habitually I wake within a few minutes of a fixed time. I can, however, wake without effort at a different time."

2. Miss B——, of New York city: "Yes, at an early or unusual hour, by repeating the time to myself once or twice before going to sleep. I seldom wake before the hour determined upon, and never fail to wake then. I come directly into full consciousness at all times."

3. Mr. A——, of Omaha, Nebraska: "Yes, within three minutes."

4. Mrs. Y——, of Paterson, New Jersey: "Can awaken at a given hour determined upon without waking before at all. Have not found it necessary to do so often, but have never failed in the attempt. Come directly from oblivion into consciousness."

5. Mr. C——, of Orange, New Jersey: "Have never overslept when my mind has been charged before retiring."

6. Mr. B——, of Paterson, New Jersey: "I was entrusted by the attending physician with the administering of medicines to my wife, who was very dangerously ill. It was of the greatest importance that a certain medicine should be given every two hours as exactly as possible, day and night. I am an extraordinarily sound sleeper; but for six weeks I woke up every two hours

methodically, and never missed giving the medicines once during that time. I always came directly from oblivion into consciousness. During the first few nights I was as exact and methodical as in the last."

The statistical result is as follows: 40 per cent. claim to have this power in a strongly marked degree; they can wake up at an unusual hour without having their rest at all disturbed prior to their waking. Of this 40 per cent., about 50 per cent. say that they are conscious of being troubled just before the real light of consciousness has risen; the other 50 per cent. say that they only know at the predetermined time they are awake. The 60 per cent. who do not possess this power in a marked degree are about evenly divided, one-half spending their nights continually disturbed by false alarms, and the other 50 per cent. sleep peacefully on with rest unbroken, either at, before, or after the appointed hour for awaking. I find that I overlooked one important point in this inquiry, namely, whether those who can wake up at almost the minute of the given hour possess a similarly accurate power of measuring time in consciousness.

To sum up the conclusions on this point: Many people during a state of perfect unconsciousness can accurately measure time as well as and often better than they can in consciousness, when they largely rely upon an artificial time-computer. In doing this they may perform an intellectual process similar in all respects to the conscious act of calculating a distance between known points.

THE USES OF EGGS.

THE yolk of egg alone is better for invalids, and will be frequently relished when the white would be rejected.

When cream cannot be procured for coffee, the yolk of a soft-boiled egg is a very good substitute.

To prevent the juice of fruit pies from soaking into the bottom crust, wash the crust over with a beaten egg before putting in the fruit.

When making frosting in warm weather, set the whites of the eggs on ice for a short time before using.

If the eggs you have to use for frosting are not quite as fresh as you could desire, a pinch of salt will make them beat stiffer.

The white of an egg, an equal quantity of cold water, and confectioner's sugar—triple X—sufficient to make it the required consistency, make a frosting which is very nice, and, as it requires no beating, is very easily made.

When beaten eggs are to be mixed with hot milk, as in making gravies or custards, dip the hot milk into the beaten eggs a spoonful at a time, stirring well each time, until the eggs are well thinned, then add both together; this will prevent the eggs from curdling.

It is often a question what to do with either the whites or yolks of eggs which are sometimes left after making cake, frosting, &c. Either will keep well for a day or two if set in a very cool place—the yolks well beaten and the whites unbeaten.

Whites or yolks of eggs may be used with whole eggs in any cake or other recipe calling for eggs, counting two yolks or two whites as one egg.

Sort out the little eggs and keep them for settling coffee, using the larger ones for cake.

When eggs are cheap and plentiful in summer, wash all those used in cooking before breaking. Save the shells, and, when a quantity are dry, crush them fine; beat half a dozen eggs well and stir them into the shells. Spread them where they will dry quickly, and, when thoroughly dry, put in a thin cotton bag and hang in a very dry place. In the winter, when eggs are scarce and dear, a tablespoonful of this mixture put in a cup, a little cold water poured over it and left to stand over night or for a half an hour or so in the morning before breakfast, will answer every purpose of a whole egg in settling coffee.

Egg stains can be easily removed from silver by rubbing with a wet rag dipped in table salt.

To clean vinegar bottles and cruets, crushed egg-shells in a little water are as good as shot, besides being healthier and handier.

To mend broken china, use a cement made by stirring plaster of Paris into the white of an egg.

An egg well beaten, and added to a tumblerful of milk well sweetened, with two tablespoonfuls of the best brandy or whisky stirred in, is excellent for feeble or aged persons who can take little nourishment.

Eggs are valuable remedies for burns, and may be used in the following ways: The white of the egg simply used as a varnish to exclude the air; or the white beaten up for a long time with a tablespoonful of fresh lard till a little water separates; or an excellent remedy is a mixture of the yolk of egg with glycerine, equal parts; put in a bottle and cork tightly; shake before using; will keep for some time in a cool place.

For inflamed eyes or eyelids, use the white of an egg beaten up to a froth with two tablespoonfuls of rose-water. Apply on a fine rag, changing as it grows dry; or stir two drachms of powdered alum into the beaten whites of two eggs till a coagulum is formed. Place between a fold of a soft linen rag and apply.

For a boil, take the skin of a boiled egg, moisten it and apply. It will draw off the matter and relieve the soreness in a few hours.

To cleanse the hair and promote its growth, rub the yolk of an egg well into the scalp, and rinse out thoroughly with soft warm water.

The eggs of the turkey are nearly as good as those of the hen, and that of the goose is about as preferable for most culinary purposes. Ducks' eggs have a richer flavour, but are not as desirable to eat alone; they are, however, as good for all purposes of cookery, and for puddings and custards superior to any. The eggs of the guinea hen are also good for all culinary purposes.

CURIOUS CHINESE NOTIONS.—Both savage and semi-barbarous people have always exhibited a great repugnance to any surgical operation, however necessary, which involves amputation. The *North China Herald*, in commenting upon this circumstance, points out that the Chinese have always shown this repugnance, not on account of fear or pain, for they are patient under all kinds of physical suffering, but because they look upon it as a duty to keep the body intact. If they submit to the amputation of a limb, they invariably ask for the severed member, and keep it in a box, to be buried in due time with the owner. Sometimes they will actually eat it, thinking it only right that that which has been taken from the body should be returned to it. On the same principle, an extracted tooth will be carefully preserved, or ground to powder and swallowed in water. Another curious phase of the same idea is seen in the belief that a sick parent can be cured by broth made from flesh cut from a living child, and it is looked upon as a sign of filial piety for the child to submit himself to an operation for that purpose. The child is supposed to be of the vital essence of the parent, and if a portion of this essence is returned to the fountain-head, the parent will be greatly strengthened. The peace-loving nature of the Chinese is said to be largely due to this respect for the human body.

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It is good for all sorts of Pains, Swellings, and Bruises occasioned by Falls, or otherwise, and will prevent the many bad consequences of such Accidents.

For a Cancer before it is broke, and for all sorts of Sore Breasts, particularly in a Lying-In.

For Stiff Necks and for Swellings occasioned by the Evil.

For a Gangrene, melting a little in a wound, without using a tent.

For Pains in the Stomach, rubbed in before the fire.

If a little be well rubbed in for a few minutes on a Bruise or Pinch, it will prevent Blackness. Will also cure Scalds and Burns, applied directly; and Rheumatic and Gouty Pains fixed in any part.

N.B.—No woollen of any kind should be applied to the parts affected, nor any metal (except silver) touch the Pommade. It will retain its virtues many years, and is therefore very useful to all Travellers, particularly Gentlemen of the Army and Navy.

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As highly useful family medicines for that most distressing of complaints, Hæmorrhoids (or Piles), Bayley's Remedies have long enjoyed a high reputation. These remedies consist of specially prepared Pyrmont Tablets for invalid use, and of a Pyrmont Liniment for outward application. The tablets are compounded on the principle of the famous Pyrmont waters, which have been so highly recommended in cases of liver complaints, to the presence of which piles are often due, as well as in cases of the latter ailment itself. The liniment is made on allied principles. From an examination of these tablets and of the liniment, we are able to assert that they contain nothing calculated to produce untoward effects in the most delicate constitution, while they are likely to prove most beneficial in mild and severe cases alike. The ease with which the remedy may be taken—the tablets being agreeable to taste, and being merely allowed to dissolve in the mouth—will recommend this preparation in the eyes of those especially who have run the gamut of the many drugs employed for the cure of hæmorrhoids. We recommend a trial of Messrs. Bayley's Tablets, &c., which are to be obtained at 17, Cockspur-street, London, W.—*Vide* HEALTH, *April 8th*, 1887.

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"pure & unmixed,"
"goes a long way."
} *LANCET.*

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Jottings from the Journals

" Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

Factory Inspection.—Her Majesty's Chief Inspector of Factories and Workshops, Mr. A. Redgrave, C.B., has recently issued his annual report of the work done by the large staff of inspectors acting under him. It is of a more bulky character than usual, and contains a great amount of information of interest to those engaged in commerce and manufacture, as well as to sanitarians. A very large proportion of its contents is devoted to the consideration of the causes of accidents, especially those in textile factories, and such as arise from flying shuttles, and of a detailed examination of the various means suggested to obviate them. This section of the report is based upon observations made by the inspectors for their several districts. It affords illustration of useful and efficient inquiry, and of great acumen on their part in the perception and interpretation of mechanical contrivances. A few weeks since we found it necessary to contend against certain misrepresentations of the value of the services of the medical men employed in the administration of the Factory Act, and to point out the value of the sanitary clauses of that Act. It is therefore with much satisfaction that we find Mr. Redgrave has introduced those clauses in the commencement of his official report, in some sort as a text for his future remarks. They are of sufficient importance to justify their quotation in this place. "1. A factory and a workshop shall be kept in a cleanly state and free from effluvia. 2. A factory and a workshop shall not be so overcrowded as to be injurious to the health of the persons employed therein, and shall be ventilated in such a manner as to render harmless, so far as practicable, all the gases, vapours, dust, or other impurities generated in the course of the manufacturing process or handicraft carried on therein that may be injurious to health." 3. In addition to the above, a subsequent section requires all places to be lime-washed once in every fourteen months. The first clause, the Chief Inspector observes, "is sufficiently precise, and it enables the inspectors to insist upon proper attention being given to the flushing and trapping of drains, &c. The second clause contains provisions of a general and of a somewhat indefinite character, and sometimes, where the application of remedial measures is most required, the indefiniteness of the expressions defeats the purpose of the enactment." In illustration, he refers to the want of definition of what shall be deemed sufficient ventilation and what overcrowding, and then notes that a cubic space of 250 feet for each person is now generally accepted, although, in the case of workshops, this amount of space is insufficient, and should not be less than 400 cubic feet. He next deals with the subject of ventilation, and it is gratifying to learn that much has been done in factories towards its efficiency—as well by securing an adequate exchange of air for healthy respiration as by withdrawing dust generated in manufacturing processes. Still there is great room for more attention to this important matter, numerous manufacturers exhibiting a lamentable ignorance of it, or else a stolid indifference regarding it. It needs no argument to show that a trained medical eye is likely to perceive, in factories of all kinds, conditions and surroundings injurious to the health of the workers, as well as the indications of disease among them attributable to their labour, unobserved by others. Daily experience demonstrates the immense waste of health and life following upon employments, which might be obviated by precautionary measures dictated by medical knowledge and skill; and every one conversant with manufacturing processes knows well in how many details (often very small in appearance), partaking of an insanitary character, improvements might be made and precautions taken which would rob them of their injurious influences. Such details — above all, where noxious or actually poisonous material is employed—are, in a very large majority of instances, either not at all or else very insufficiently recognized by employers and employed. But they are at once recognized by the instructed observer; by those taught in physiology, in pathology, in toxicology, and in preventive medicine.—*British Medical Journal.*

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Holiday Resorts.—As the holiday season approaches communications of various kinds regarding the health resorts of the country begin to flow in upon us and to demand attention. The questions arising in connection with this subject are of great and increasing importance, inasmuch as the annual holiday is becoming every year more general, and the reasons for endeavouring to turn it to the best account are at least as urgent as ever. With the appearance also of new claimants upon our attention, the difficulties of choice tend to become greater rather than less. Before the new resorts, of which there are a large number, can hope to hold a place in the esteem of the public and of the medical profession, they should be able to show that they possess the indispensable conditions of a successful sanatorium. Of these, the most important are a favourable site, an abundant supply of pure water, efficient drainage, and adequate accommodation. As regards site, we need not dwell upon the importance of a sandy or gravelly soil and of abundant sunshine. Pure water is universally recognized as indispensable, and many favourite resorts have made within recent years laudable efforts to keep pace with the public expectations in this matter. Drainage has also been much improved, though hardly to an equal extent. It is disappointing and reprehensible to find that in some popular resorts the privy system still prevails. We trust the remonstrances which the *Lancet* has made from time to time will soon procure its complete supersession by thorough arterial drainage. Health resorts are naturally divisible into the two great classes of marine and inland; the latter being subdivided into mountain resorts, inland plain resorts, and spas. In all these types, with the single exception of mountain resorts, our own country is exceedingly rich. Our mountains are, for the most part, too low, and too liable to be begirt with clouds and deluged with rain, to afford good instances of the high-altitude resort, with the value of which in phthisis and other conditions the profession is thoroughly familiar. Buxton in England, and Pitlochry and Braemar in Scotland, are places where good mountain air can be obtained, though we must remember that they have really only a very slight analogy to such distinctly high-altitude resorts as St. Moritz, Davos, Wiesen, or Maloja. Of marine resorts we have an unequalled variety. Our extensive coast line, broken up into countless inlets, affords sites for every type of marine sanatorium. Amongst a list that is practically without limit, we may mention the following:—On the east and south-east coasts, Tynemouth, Whitby, Redcar, Scarborough, Filey, Skegness, Cromer, Yarmouth, Lowestoft, Clacton, Margate, Ramsgate, and Dover. On the south coast, Folkestone, Hythe, Hastings, St. Leonards, Eastbourne, Brighton, Worthing,

Bognor, Cowes, Ryde, Ventnor, Bournemouth, Weymouth, Exmouth, Teignmouth, Torquay, Dartmouth, and Penzance. On the west coast, Rothesay, Dunoon, Grange, Blackpool, Southport, New Brighton, Rhyl, Llandudno, Barmouth, Aberystwith, Tenby, Weston-super-Mare, and Ilfracombe. To understand the meteorological characters of these various resorts, we must remember the cardinal rule of the meteorology of the British Islands—viz., that the isothermal lines run rather north and south than east and west, and that hence latitude is a less sure guide to temperature than longitude. All the localities on the east coast partake more or less of the same meteorological character, although differing so much in latitude; and the same rule holds of the places upon the west coast. Thus Redcar and Scarborough have much more in common with Margate and Ramsgate than with places near their own parallel on the west coast, such as Grange or Southport. Similarly, the resorts on the south coast differ materially, according as they lie towards the east or towards the west. Speaking broadly, the east coast resorts are dry and somewhat cold, and hence bracing; whereas the west coast resorts are relatively humid, mild, and relaxing. The rainfall on the coast of portions of Yorkshire, Lincolnshire, Norfolk, and Suffolk hardly exceeds twenty inches per annum; while in Devonshire, Cornwall, and upon the Welsh coast it often reaches forty or fifty inches, and in some places largely exceeds that amount. All our coasts are somewhat windy; but there is a great difference between the dry, somewhat parching, and decidedly bracing wind which comes to our eastern coasts across the German Ocean, and the soft, rain-laden breezes of the Atlantic.—*Lancet.*

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Preventible Causes of Poverty.—Much disability comes to many of the very poor from their utter ignorance of the simplest hygienic laws. This is perhaps most notably seen in regard to food. Granting the lack of means to purchase a variety of food, that form of nourishment should be selected which will yield the most energy and which can be easily digested. This is precisely what is not done. The most glaring instance of this is seen in the diet of the very young, at a time when growth is extremely active. The first few years of life are, physiologically considered, probably the most important period of our lives. At this time the young organism has impressed upon it the elements of future vigour or of early decay. Mistakes in diet are sure to result in seriously crippling growth and in lowering vitality. Such errors cannot be excused on the ground of extreme poverty, as the cost of proper nutriment—milk in some form—is less than that of the food so often substituted. The disease most commonly produced by this practice is known as rickets, which is accompanied by softening of the bones and various developmental changes, that may very seriously handicap future healthy growth. An irritable and ill-balanced nervous system is a pretty constant accompaniment of this disease. At my children's clinic, out of 100 consecutive cases lately presented for treatment, forty-three showed marked evidence of this taint, in addition to the illness for which medical aid was sought. This unfortunate condition is brought about not so much by unavoidable overcrowding and hardships, as by ignorance of the simplest elements of dietetics. The same disease is produced in the well-housed children of the rich by the same errors of diet. Various other unfortunate conditions may not be so easily obviated. A large proportion of the children of the poor in the great centres of population have scrofulous or tubercular ailments, due largely to foul air, overcrowding, and dirty surroundings. Yet care and cleanliness would do much to obviate even these conditions.—*The Forum.*

School Work at Home.—The amount of school work to be done at home is a subject in which parents and teachers are equally interested. Aside from the physical injury undoubtedly caused by carrying loads of books to and from school, is the time consumed out of school hours in the preparation of lessons. No one with the least knowledge of physiology will contend that ten hours a day of intellectual labour is a reasonable tax upon a growing child. The teachers themselves are paid only for one half of that time, and some have even been known to rebel at the occasional necessity of prolonging their labour two or three hours beyond the limit. Confinement at a desk in a schoolroom should not be followed by an almost equally close confinement at home for the rest of the day and evening. Fresh air and exercise are of infinitely more consequence to the child than the successful reduction of a certain number of pounds to a certain number of pence, or the ability to recite the list of all the kings of the Saxon heptarchy. Parents, too, have a right to protest against being continually called upon, in hours they themselves can ill-afford to spare, to help their children solve problems or write compositions. For such service the teachers are employed and paid. As such work belongs to the schoolroom, it should be done there. If, in order to get it done at all, it must needs be crowded into the hours rightly belonging to rest, recreation, or home duties, then less work should be attempted.

Brand's Beef Preparations.—Not far from the model British bakery in the Paris Exhibition is an interesting exhibit of Messrs. Brand & Co.'s renowned meat extracts and preserves. As I approached it, says a correspondent, my attention was arrested by a highly-polished brown pyramid, about three feet high, occupying a conspicuous position on its counter. I ventured to touch this monument. It was as hard and smooth as marble. There was an earnest-looking young lady in charge of the case, of whom I respectfully inquired what the substance and purpose of the monolith might be. "That," she replied, "represents a herd of horned cattle after undergoing our process. It is the equivalent of thirty bullocks. Here," and as she spoke she produced a small bottle containing a transparent yellow substance, "is some jelly, a teaspoonful of which really means a beefsteak. Pray taste it; or, if you prefer a mutton-chop, take one of these lozenges, cut, so to speak, from the loin." The lozenges were about the size of a threepenny piece. I swallowed one, with the feeling that it was the smallest chop I had ever eaten. As for the epitome of a steak, it was delicious. What, I wondered as I absorbed it, would happen to a man who should eat up a whole sirloin of beef at a sitting? And yet it might easily be done, were the sirloin converted into Brand's meat-jelly. In that form, one could put away an ox without distress or even difficulty for the moment: but what would be the consequences of so rash a feat? The earnest young lady to whom I submitted this problem did not quite see her way to its solution; but she favoured me with a good deal of curious and valuable information about albuminous extracts, chicken peptone, and turtle jelly, all of which, as well as countless other paramountly nutritive substances, come out of Messrs. Brand's laboratories, and are on view at their exhibit here, in the "Food Products Gallery" of the British Section.

Our Bookshelf

"Reading maketh a full man."—*Bacon.*

SHORT NOTICES OF NEW BOOKS.

Cremation and Urn-Burial, by W. Robinson (Cassell & Co.), although largely a compilation, will prove a useful manual of reference for those who desire to learn what cremation really means and implies. The author gives a fairly adequate *résumé* of the advantages of this truly sanitary system of disposing of the dead; and although he travels over much of the ground so fully and ably covered by Sir Henry Thompson, Sir Spencer Wells, and others. Copious extracts from and references to the opinions of medical and legal authorities are given, and the conditions laid down by the Cremation Society of England form a useful appendix to the book. Several illustrations of burial-urns adorn its pages.

Joseph Rogers, M.D.; Reminiscences of a Workhouse Medical Officer, edited, with a Preface, by Professor Thorold Rogers (T. Fisher Unwin), is a volume which will amply repay perusal. It deals with phases of medical life of a character which sufficiently attests the devotion of Dr. Rogers, whose efforts to reform abuses in the administration of the Poor Laws in relation to workhouses have become of classic character. The story of Dr. Rogers' struggles, trials, and battles in defence of the rights of the sick poor is a most interesting one, and loses nothing by being told in autobiographical fashion. The volume is an eloquently modest testimony to the merits of a true reformer and a most humane man.

The Pastry-Cook and Confectioner's Guide, by Robert Wells (Crosby Lockwood & Son), is the work of a practical man, whose contributions to the literature of bread-making and allied topics are widely and favourably known. A short introductory chapter is followed by a large collection of recipes for making all kinds of confectionery and fancy dishes. Cooks will find this volume extremely useful, and it is a welcome addition to the already large list of works on cookery.

Eleventh Annual Report of the Connecticut State Board of Health (Printed by order of the Legislature). This report, which deals with sanitary work in the State of Connecticut for the year ending Nov. 30, 1888, presents to English sanitarians an admirable view of the manner in which the health-service of the United States is conducted. The State Board of Health supervises all sanitary matters, and the report is presented by Dr. C. A. Lindsley, who is Secretary to the Board. The members of the Board are, with three exceptions, medical men, and a thoroughly practical constitution is thus given to the department. Red tapeism is not unduly, or at all, fostered, we should say, where a sanitary council possesses so large a proportion of medical men among its members. The reports included in this volume strike us as being thoroughly practical in tone. Such items as River Pollution, Small-Pox Epidemics, and Sewerage are investigated in detail. We should imagine Connecticut State to be on the highroad to sanitary excellence, provided the people duly assist and second the efforts of their health-advisers. The vital statistics are given very fully. The total births for the year named were 16,583, or 22·8 per 1,000. The marriages numbered 5,788; and the deaths 12,385, or 17 per 1,000. The divorces (for 1887) numbered 387, desertion being a prevailing cause for separation; while intemperance (wisely, we think) figures next in order of frequency as a cause for annulling the marriage tie.

Magazines for July.—*Harper's Magazine* contains a beautifully illustrated article on "Palatial Petersburg," which will be perused with interest, while Mr. Blaikie's paper on "American Stamina" will attract those interested in health-matters. "A Piece of Glass" deals with an important section of American industries. The fiction is of the usual high-class character. *The Season*, in respect of its illustrations and literary matter, continues to afford to ladies all due information in the *technique* of new dresses and fashions.

Common Lacquer for Brass.—In order to prepare this properly it is necessary to select the best seed lac which can be procured, which must be washed in water, and beat in a mortar to a coarse powder. Dissolve six ounces of this powder in two English pints of spirits of wine. They must be both put into a tin or glass bottle, which will hold about double the quantity meant to be prepared. Shake the bottle well, and then place it in a warm place near a fire or stove, which will hasten the solution. Shake the mixture occasionally, say every three or four hours, for the first and second day; allow it to stand still for twenty-four hours more, when the insoluble portion of the lac will have fallen to the bottom; then gently pour off the pure part into a clean bottle, and it is fit for use. This lacquer will answer for all kinds of common brass-work, tin-plate, block-tin, &c. It has a reddish-yellow colour, which may be heightened at pleasure by laying on two or more coatings. When this lacquer is used as a varnish to bronzed work it gives it a brownish-coloured ground.

Rational Burial.—Of all modern social monstrosities that which favours the waste of money on costly funerals is perhaps the most grievous. To spend large sums of money on thick oak and leaden coffins, on plumed hearses, on mutes (who look more at home, as a rule, in a public-house than "assisting" at a solemn ceremony), and on other "trappings of lugubrious woe," is happily coming to be regarded as a piece of folly, neither respectful to the memory of the dead nor creditable to the good taste of the living. Again, cemeteries, as we have so often pointed out in Health, become too often mere collections of preserved bodies from the unsuitable nature of their soils. We have been much interested in the perusal of a pamphlet (to be had free at 2, Lancaster-place, Strand, London, W.C.) on the London Necropolis, under which name the famous cemetery of the Necropolis Company at Woking, Surrey, is designated. The soil of this cemetery is of such a character as to favour true burial or the resolution of the body into its elements. We are glad to note that Mr. Seymour Haden's "earth to earth" system is encouraged by the cemetery company, and the company provides, at a cost thoroughly commensurate with due reform, all requisites for ensuring sanitary burial. The private railway station of the London Necropolis Company is situated at Westminster-bridge-road, and special trains convey mourners and the *cortége* to Woking. It is clear the operations of this Company are very far ahead in point of sanitary excellence of those of any other cemetery association, and all the horrors of pit burial and desecration of graves, so common elsewhere, are avoided at Woking. We may hope to return to this subject of rational burial at a future date.

IMPORTANT ANNOUNCEMENT.

BONUSES TO SUBSCRIBERS TO "HEALTH."

HEALTH, as our readers are aware, may be obtained of all Booksellers and Newsagents, and at the Railway Bookstalls, on the day of publication. It may also be ordered from the PUBLISHER, 2, Paternoster-square, London, E.C., who will send the journal, post free, for a year, on receipt of postal orders for 10s. 10d.

As many of our readers who live in remote districts prefer to obtain HEALTH from the Publisher direct, and as we are desirous of increasing the already large number of subscribers who give us a yearly order for the journal, we offer the following FREE GIFTS and BONUSES to all who subscribe to HEALTH for one year or longer :—

(1.) To each Subscriber who remits 10s. 10d. to the Publisher, entitling him (or her) to receive one copy of HEALTH, post free, for one year, we shall present a copy of Dr. Andrew Wilson's work, entitled "A Manual of Health Science" (Longmans & Co.), value 2s. 6d.

(2.) To each subscriber who remits 21s. 8d., entitling him or her to receive two copies of HEALTH weekly, post free, for one year (or one copy for two years), we will present Dr. Richardson's "Ministry of Health" (Chatto & Windus), value 6s. The copies of HEALTH so ordered may be posted to separate addresses.

(3.) To each person who subscribes 32s. 6d., for three copies of HEALTH, post free, weekly, for one year, we will present the volume by Dr. Richardson mentioned above, and also the handsome, illustrated book entitled, "Studies in Life and Sense," by Dr. Andrew Wilson (Chatto & Windus), value 6s.—being a free gift of the total value of 12s.

The bonus last mentioned will also be presented to anyone who succeeds in obtaining three yearly subscribers to HEALTH, and who remits to the Publisher the sum of 32s. 6d., together with the names and addresses of the persons to whom the copies are to be posted each week.

As the literary gifts above-mentioned constitute books containing solid and reliable information regarding health and other matters of popular scientific interest, it will be seen that the above scheme, while intended to increase our already large circulation, also offers distinct advantages to new subscribers who guarantee by their subscriptions a year's support to this journal. All communications regarding subscriptions and other purely business details connected with HEALTH should be addressed directly to the PUBLISHER, 2, Paternoster-square, London, E.C., and *not to the Editor*.

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A PURE STIMULANT.

FROM Mr. John Twatt, 36, Argyle-place, Edinburgh, we have received a sample of his "Skerryvore" blend of old Scotch whiskies; the sample being submitted to us for chemical examination and report. An independent analysis of this whisky confirms the report already given of it by Mr. E. G. Clayton, F.C.S., F.I.C., &c., in which he testifies to its high excellence and purity. The "Skerryvore" whisky presents, first of all, the necessary condition of age, in virtue of which its mature and mild character is attained. By a skilful application of the art of "blending" different brands, Mr. Twatt has succeeded in producing a most agreeable form of this stimulant, in which no harshness is perceptible. It is free from fusel oil and other deleterious matters met with in whiskies which have been used in blending without discernment; and, as a pure stimulant which mixes well with plain or aërated water, the "Skerryvore" blend will bear favourable comparison with any other pure whisky. Its price, besides, is extremely moderate. As a stimulant which is often recommended by medical men for dietetic purposes, in cases especially in which wines are forbidden, the "Skerryvore" blend is unrivalled. Those who have been led into paying exorbitant prices to wine merchants for Scotch whiskies should give this blend a trial. It is a pure and wholesome stimulant, and, as such, is entitled to high commendation at our hands.

DEPTH OF THE OCEAN.—The greatest known depth of ocean is midway between the island of Tristan d'Acunha and the mouth of the Rio de la Plata. The bottom was there reached at a depth of 40,236 feet, or eight and three-fourths miles, exceeding by more than 17,000 feet the height of Mount Everest, the loftiest mountain in the world. In the North Atlantic Ocean, south of Newfoundland, soundings have been made to a depth of 4,580 fathoms, or 27,480 feet, while depths equalling 34,000 feet, or six and one-half miles, are reported south of Bermuda Islands. The average depth of the Pacific Ocean between Japan and California is a little over 2,000 fathoms; between Chili and the Sandwich Islands, 2,500 fathoms; and between Chili and New Zealand, 1,500 fathoms. The average depth of all the oceans is from 2,000 to 2,500 fathoms.

Our Letter-Box

"Conference [maketh] a ready man."—*Bacon.*

NOTICES TO CORRESPONDENTS.

All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to "THE EDITOR OF HEALTH," 2, PATERNOSTER-SQUARE, LONDON, E.C. *Those intended for the Publishing Office to be sent to* MR. A. P. WATT, THE PUBLISHER, *at the same address.*

RULES FOR CORRESPONDENTS.

OWING to the mass of letters which reaches us each week, we respectfully direct the attention of Correspondents, desiring replies in the LETTER-BOX DEPARTMENT of HEALTH, to the following rules :—

1. All questions are answered free of charge in the columns of HEALTH. A limited space only, is available for the insertion of replies each week.
2. All letters must be legibly addressed to "The Editor of HEALTH, 2, Paternoster-square, London, E.C.," *and to no other address.*
3. Questions to which answers are desired by post, are so replied to solely at the Editor's discretion. If no answer is sent by post, the query will be replied to in the "Letter-Box" columns of HEALTH. A stamped addressed envelope must accompany all queries to which a private reply is desired.

4. Addresses of physicians and surgeons will, as heretofore, be forwarded FREE to Correspondents on their enclosing a stamped addressed envelope for reply.
5. Correspondents are requested to write on one side of the paper only, and to make their inquiries as brief as may be consistent with clearness.
6. From the necessity of sending HEALTH to press early in the week, no Correspondent can be replied to in the "Letter-Box" columns in the same week in which the inquiry is received. Replies crushed out of any issue will be found in the succeeding number.
7. No Post Cards must be used in sending queries. Violation of this rule deprives the sender of the privilege of a reply.

QUERIES AND ANSWERS.

REPLIES: GENERAL, SANITARY, AND MEDICAL.

[Readers of HEALTH will kindly note that when back numbers of the journal are desired, the letters containing such requests and stamps for the numbers should be addressed to the PUBLISHER of HEALTH, 2, Paternoster-square, London, E.C., and *not to the Editor.*]

GORDON.—Try the following as a likely preventive of the boils: Sulphide of calcium, twenty-four grains; sugar of milk, half an ounce. Mix well, keep in a stoppered bottle, and take as much as will cover a sixpence every four hours. Take a dose of Lamplough's Pyretic Saline in the morning occasionally.

GEP.—You must be properly fitted with spectacles, as a proper fit serves to cure such irregularities. Write to, or call upon, Mr. Browning, 63, Strand, London, W.C., and 15, Kensington-crescent, W., and take his advice regarding the glasses adapted for your cure.

E. PATERSON.—Cut the hair short over the parts affected, or shave it away as completely as you can, and apply an ointment, to be compounded as follows: Lanolin, zinc oxide, and vaseline, of each two drachms; resorcin, one drachm. Mix, and label: "Apply night and morning to the part."

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A. HALL.—Apply a little black wash on cotton wool to the parts, keeping the cotton wool always moist. Internally, take a dose of Lamplough's Pyretic Saline occasionally.

MAPPY.—Rest after your meals; avoid vegetables; take light food—soups, milk, white fish boiled, light puddings, &c.—for a time, and try Fairchild's Powders. If acidity is present you may try the following: Subnitrate of bismuth, six grains; carbonate of magnesia, ten grains; powdered gum arabic, twenty grains. Mix to form a powder. Stir in a cup of boiled milk, and, when cool, stir up again before being swallowed. To be taken twice daily after food.

TENDER.—The person you consulted is a quack. Read the pamphlet, "A Lecture to Young Men" (post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.).

SYBIL.—Try the following as a nutritive hair-application, and brush the hair night and morning thoroughly with a pair of very soft brushes; use no hard brushes or combs:—Castor oil, four drachms; almond oil, twenty-eight drachms; glycerine, twelve drachms; rectified spirits, four drachms; Jockey Club perfume, eight drachms. Mix. Label: "Rub a little into the roots of the hair each morning."

C. G.—Have a pair of hygienic boots made. Write to Mr. Scafe, 21, Albion-street, Leeds, for self-measurement directions and prices of his boots.

L. A. B.—Try a Chloride of Ammonium Inhaler (Burroughs, Wellcome & Co.'s), and note the effect of this on the lungs. It is an admirable remedy in catarrh, bronchitis, &c., and can be used for other substances as well.

SEARCH.—The cure for tape-worms is as follows:—Take no food for eight hours; then in the evening take the following draught: Extract of male fern, thirty minims; powdered gum acacia, one drachm; peppermint water, one ounce; make an emulsion. Next morning take a full dose of castor oil, and about midday a large plate of mashed potatoes. The minute head of the worm is the part which requires to be brought away. Repeat the treatment if symptoms of the worm should show themselves at a subsequent period.

MAX.—Take, for a time, twenty drops of Cascara Cordial in water once or twice daily, an hour before your food. Take Grant's Scotch Oat Flour night and morning in place of tea, &c. Stewed fruits and vegetables may also be taken by you, and Dahl's Cakes will be found most useful likewise. By such a system of diet, and with moderate open-air exercise daily, together with a cold sponge bath each morning, you should recover.

CONSTANT READER.—[Please adopt a more distinctive name in future.] You should take the Kepler Extract of Malt with Cod Oil, after your meals thrice daily, in dessertspoonful doses. When your other symptoms trouble you, take fifteen grains citrate of potash in half a tumbler of water, midway between your meals. For the rest, live generously, and avoid all alcoholics. If the internal troubles are not relieved by the treatment prescribed, you must consult a good physician.

E. BURGESS.—1. Give Mr. Pulvermacher's belts a fair trial (194, Regent-street, London, W.), and send him full particulars of your case. 2. Try La Bourboule Water, to be had from Messrs. Ingram & Royle.

CAERLYON.—1. We have seen no accounts of the operation you name in any of the medical journals. 2. Try Bayley's Cure for Piles, 17, Cockspur-street, London, S.W.

RAMSAY.—You must see a surgeon. There is probably nothing radically wrong; but a personal examination of your case is necessary. Consult any of your local doctors.

RICO.—1. Washing the head every morning is a source of hair-weakness, and is probably the cause of your hair falling off as it does. See advice given to "A. Swinton" in HEALTH, No. 319. 2. Tomatoes cannot possibly cause cancer. This subject was settled in HEALTH two or three years ago.

MALHEUREUX.—Read the pamphlet, "A Lecture to Young Men" (post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and you will find full information in its pages. Moderate cycling would do you no harm.

G. ROBERTSON.—We do not send a single copy of HEALTH containing an answer. You must purchase the journal, or order it of the Publisher, by prepaying it in stamps. If you think the advice you mention applies to your case, you will find the reply in question in HEALTH, No. 322. If you wish to fatten yourself, you must take plenty of starches and sugars, with a moderate amount of fat and nitrogenous food. A series of articles on "How to Get Thin or Fat" (published in our pages) can be had from the Publisher of HEALTH.

APPREHENSIVE.—Probably a muscular pain only. Try bathing the parts each morning with cold water, in which salt has been dissolved overnight, and use brisk friction thereafter with a hard towel.

REGULUS.—Write to Bayley for his Cure for Piles (17, Cockspur-street, Pall-mall, London, S.W.), and let us hear the result of your trial of this remedy. See that constipation is avoided by the use of the diet, &c., recommended to "Edina" in last week's number.

CORSAIR.—You were duly replied to in HEALTH for June 7th. You cause yourself (and us) needless trouble by not looking in these pages for your reply.

ROBERT JOHNSON.—See advice given to "Charles Rae" in last week's HEALTH. You should attend to your general health, and take the tonic recommended to "W. R—d" in the present number.

KEEL.—Follow advice given to "Robert Johnson" above.

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AUTION.—Be sure the word "Horsford's" is printed on the label. All others are spurious. Never sold in bulk.

B. P. M.—We have never heard of the apparatus you name, but we should think the Zander Machines, at 52, Oxford-street, W., would suit your case. Passive movements should suit your case.

F. FOLEY.—1. Try the Oriental Aromatic Salts by way of softening the water you use. 2. Mellin's Food only should be given to your child at that age.

R. B.—Unfortunately we must answer "Yes." The remedies are plenty of fresh air, cheerful society, and especially attention to the general health. We recommend you to seek the aid of a discreet and sensible female friend, who can remonstate kindly and judiciously with the patient. A medical opinion may also be valuable if it reveals any local cause or irritation.

J. HARVIE.—Wash the parts regularly with Vinolia Soap only, and apply Vinolia itself as an ointment night and morning—to be had of Roberts & Co., 76, New Bond-street, London, W. If not cured, write again.

A. ALLIS.—1. Try the trusses of the Medical Battery Company, 52, Oxford-street, London, W. 2. The variety you name is not commonly known. 3. Mellin's Food.

C. P. P.—1. Try Howie's Filter, Hurlford, Kilmarnock, N.B. It is cleanly, easily managed, and efficient. 2. The tonic we advised you to try was Fer Bravais, in ten-drop doses (in water), repeated thrice daily after meals.

CECIL GREY.—Read the pamphlet, "A Lecture to Young Men," post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C., and note the directions it contains.

H. H. T.—We advise you to use an injection of a teaspoonful of glycerine as a cure for constipation. Read the article in HEALTH, No. 285 on that subject. For the rest, let the patient's food be of light character; it should include plenty of stewed fruits and cooked vegetables. Try also, in conjunction with the above hints, Bayley's Cure for Piles (17, Cockspur-street, London, S.W.). If not bettered, write again.

VERAX.—1. Use the remedies and diet ordered to "Nix" in last week's HEALTH, and you will probably find your troubles to disappear. Your abstinence may be too rigid a regime in your case. Try the effect, if possible, of taking a little stout or a little good claret to dinner daily. 2. Bathe the parts with cold water (to which a little Hazeline has been added) night and morning, and wear a suspensory bandage regularly. Avoid suppers and fluids late at night.

RUFUS SWALLOW.—1. Take no tonics of any kind. Trust to fresh-air exercise and cold sponging each morning. 2. Yes; you may use the glycerine daily; but you should not make it a regular habit. Regulate your diet: see advice given to "Nix" in last week's number.

KETURAH.—You had better apply to Mr. Goodman, dentist, 1, Ludgate-hill, London, E.C. There is no society of the kind you name.

EDDLETON.—1. Exercise common cleanliness, and wash the parts with soap and water night and morning, and your troubles will disappear. Apply a little of Woolley's Rose Powder after washing — not flour, which is a dirty practice; and look to the state and cleanliness of your clothing. 2. It might produce inflammation of the eyes. 3. Not as far as we can see, as it must be simply fœtid perspiration due to your neglectful habits.

W. R—D.—We have already told you that you must have patience, and give the remedies ordered you time to effect a cure. If you are not bettered thereby, stop all other drugs, and take a teaspoonful of Inman's Syrup of the Hypophosphites (advertised in our pages) after your meals, twice daily, in a wineglass of water; and note effect of this tonic. In the other case you name, the symptoms will disappear in time. You may try the plan of giving five grains of antipyrin in a little water, twice a day, between meals. This may relieve the pain.

RICHARD MIDDLEMORE.—The "beards" of oysters are their gills. The best part of the oyster is the body *minus* the beard. It is all a matter of taste and digestion; if you can digest the "beards" there is nothing at all injurious in them.

VICTIM.—1. Use the eyes sparingly at night; and employ, night and morning, a lotion (to be diluted with equal parts of water) composed of six grains sulphate of zinc added to six ounces of rose water. 2. Anything which fits tightly on to the head encourages baldness; but loss of hair may be due to a variety of causes. See advice given to "A. Swinton" in HEALTH, No. 319.

OMEGA.—1. We do not approve of the idea; Cascara in tabloids (two for a dose) would be much preferable. 2. It rarely passes in the adult. 3. Your third question we cannot decipher.

NEMO.—You should limit both your coffee and tea-drinking. Rest after meals is the chief point to be observed; but if, as is likely, your ailment proceeds from want of assimilation, the easiest method of cure is to take with dinner a glass or two of claret, or a little good stout, "for the stomach's sake." If you object to try alcohol, take Inman's Syrup of the Hypophosphites (advertised in HEALTH) as recommended to "W. R—d" in the present number.

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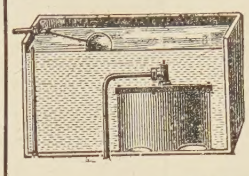

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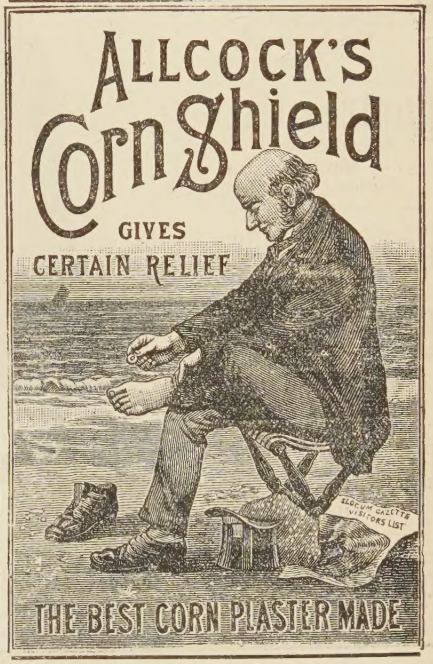

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